

**LIFESPAN OF ANIMALS, THE**—Ciba Foundation Colloquia on Ageing, Volume 5. Editors for the Ciba Foundation, G. E. W. Wolstenholme, O.B.E., M.A., M.B., M.R.C.P., and Maeve O'Connor, B.A. Little, Brown and Company, Boston, Massachusetts, 1959. 324 pages, with a Cumulative Index of 46 pages—Indexes to Volumes 1-5, \$9.50.

This is the fifth volume of a series of studies begun in 1954. It was prepared from papers delivered at an International Colloquium held in April, 1959. The others are as follows: Volume I, "General Aspects"; Volume II, "Aging in Transient Tissues"; Volume III, "Methodology of the Study of Aging"; Volume IV, "Water and Electrolyte Metabolism in Relation to Age and Sex."

There is appended a cumulative author index and a cumulative subject index.

This is an addition to a very valuable series on basic aspects of the nature of the aging process in the animal kingdom. Such a study is an immense and relatively untouched field that is difficult of research because of its very nature. In order to study it one has to keep animals until they become old. This is a difficult, expensive, painstaking process, which requires more than ordinary patience, not to mention skill. The clinician practicing geriatrics as well as the student of gerontology cannot fail to have a better understanding of this complicated subject and emergent interest by the careful perusal of this collection of reports.

T. ERIC REYNOLDS, M.D.

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**MEDICAL CARE OF THE ADOLESCENT**—A Textbook Concerning the Medical Care and Understanding of Adolescents Themselves and of their Disorders—J. Roswell Gallagher, M.D., Chief of the Adolescent Unit, The Children's Hospital Medical Center, Boston, and Lecturer on Pediatrics, Harvard Medical School; and the Staff Physicians of the Adolescent Unit. Appleton-Century-Crofts, Inc., 35 West 32nd Street, New York 1, N. Y., 1960. 369 pages, \$10.00.

Pioneers are doubly fortunate. They deserve and receive credit for their vision and initiative in exploring new fields. And they reap richly of the hitherto ungathered harvest in the field. Dr. Gallagher's book on the medical care of adolescence is the fruit of such a harvest.

The field of adolescent medicine is widely covered, ranging, as the author states, through "such matters as a method of conducting their history taking and physical examination to comments on their personality characteristics and emotional needs, and to the management and peculiarities of such of their ailments as epilepsy, acne, epiphysitis, dysmenorrhea, athletic injuries, scholastic failure, diabetes, growth problems, heart disease, and emotional and behavioral difficulties." The actual chapter titles indicate both the breadth and precision of coverage: Comments on the adolescent; the office visit; growth and development during adolescence; the management of cardiac problems and the evaluation of murmurs; congenital heart disease, hypertension, and cardiovascular fitness; diabetes; enuresis; fatigue and fitness; gynecomastia and hyperthelia; obesity; pancreatitis; the thyroid; ulcerative colitis; undescended testis; acne and eczema; the gynecologic examination of adolescents and their normal menstruation; amenorrhea; menorrhagia and metropathia hemorrhagica; premenstrual tension and dysmenorrhea; vaginitis; epilepsy; problems relating to vision; posture and certain common orthopedic disorders; athletic injuries; scholastic failure; specific language disability (dyslexia); the management of emotional problems; sex, homesickness, rebellion, anxiety, and delinquency; mortality, morbidity, and accidents.

It will be noted from the contents that problems related to learning and athletics receive an emphasis which is appropriate to their importance in adolescence. The in-

formation collected in these sections has heretofore been widely scattered and difficult of access.

The content of the chapters reflects partly the experience of the Staff of the Adolescent Unit of Children's Hospital, Boston; partly a review of relevant literature. Sometimes recommendations for treatment seem a little arbitrary, as in considerations of when to treat tall girls or short boys, or in some of the hormonal suggestions for the treatment of dysmenorrhea. But, since the bibliography is so full, with references attached to each chapter and collected in a comprehensive list at the end of the book, anyone can find his way easily to basic work in connection with a specific problem. The subject and author indices also help in such a search.

Actually, this book does a double job of pioneering. Besides marshalling medical knowledge not previously presented in the context of the age range involved, "Medical Care of the Adolescent" pioneers in its consistent integration of psychologic with physical considerations. No condition is described, nor treatment suggested, without giving thought to the psychologic implications of the situation and their meaning for the physician-patient relation.

In the preface, Dr. Gallagher mentions as the second chief purpose of the book: "To emphasize the importance of taking adolescents themselves, their characteristics, their hopes and fears into account, and of treating them, not just their illnesses." The successful achievement of this purpose is so complete and useful to the physician that the influence of a benign and wise psychiatrist is apparent throughout. The psychiatrist, of course, is Dr. H. I. Harris, Dr. Gallagher's long time co-worker and his co-author of another book: "Emotional Problems of Adolescence." Although Dr. Harris is mentioned only in connection with this latter reference, one guesses that he presided over many a medical visit and many a chapter draft.

Altogether the book is a unique, stimulating and reassuring guide to anyone interested in caring for adolescents and their problems.

LEONA M. BAYER, M.D.

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**PAIN AND ITCH—NERVOUS MECHANISMS**—Ciba Foundation Study Group No. 1—(In honour of Prof. Med. Dr. Y. Zotterman, M.D., R.V.O.). Editors for the Ciba Foundation, G. E. W. Wolstenholme, O.B.E., M.A., M.B., M.R.C.P., and Maeve O'Connor, B.A. Little, Brown and Company, 34 Beacon Street, Boston 6, Massachusetts, 1959. 120 pages, with 41 illustrations, \$2.50.

This little volume contains papers delivered at the first of a series of Ciba Foundation Study Groups. Professor Y. Zotterman of the department of physiology, Kungl. Veterinärhögskolan, Stockholm, was the guest of honor at the meeting. He, and other workers in the fields of neuroanatomy and neurophysiology presented reviews of work dealing specifically with the nervous mechanisms mediating the sensations of itch and pain. Most of the material presented consists of fairly detailed accounts of laboratory experiments on nerves and nerve fiber preparations. The papers are well illustrated with tracings of spike potentials obtained under various experimental circumstances. Peripheral and central nervous mechanisms of pain perception are discussed, primarily on the experimental level. Of more immediate interest to the practitioner is a paper by Arthur and Shelly in which is presented a summary of current information on the Peripheral Mechanism of Itch in Man. The group discussions following each paper are quite stimulating and additional interesting material is given in the general discussion which is the last chapter. This book is intended primarily for those who have a special interest in experimental or clinical neurophysiology.

DONALD H. PAULSON, M.D.